



CACE

P O BOX 353
Mountain Top, PA 18707

FALL 2018 CLASSES



Excel for Beginners

Erica Connell, Microsoft Office Specialist

This course provides a solid foundation in basic Excel skills and is designed for those new to Excel or who use Excel and want a better understanding. Topics covered include entering and organizing data, formatting spreadsheets, simple calculations using functions, printing workbooks, and creating charts. Students will receive plenty of practice. Basic computer knowledge required.

- **WHEN:** 6 Wednesdays, beginning October 3, 6:30 pm to 8:30 pm (Room 44)
- **FEE:** \$80 which includes textbook.

Writing Memoir

Joyce Victor, PhD, RN, MHA

This course engages participants in activities designed to transform memories into clear words with which a reader could empathize. Participants will explore memories and perceptions as they influence their own writing process.

- **FACEBOOK PAGE:** Joyce Victor, author or website: joyce-victor.com
- **WHEN:** 5 Thursdays, beginning September 13, 6:00 to 8:00 p.m. (Room 5)
- **FEE:** \$50

Medicinal Herbal Products

Robin Golden, Amateur Herbalist

Herbs are healing in so many various ways. You will learn to make a healing salve, lip balm, and fire cider. You will go home with all three products to try.

- **WHEN:** 1 Wednesday, October 17, 6:30 to 8:30 pm (Room 24)
- **FEE:** \$10 / **MATERIAL FEE:** \$10

PLEASE make [separate check](#) for material fee payable to "Robin Golden."

Handcrafted Refrigerator Pickled Veggies

Charlene Wildes, Naturalist/Environmental Educator

Take veggies and learn how to make simple pickled mixes from garlic & dill, bread & butter to sweet & savory. Think outside the box as you discover you can pickle more than just cucumbers. Dilled Carrots, Curried Cauliflower to Hot and Spicy quick pickles. All supplies will be available, or bring your own excess cucumbers, and that ton of zucchini to pickle up special jars of tasty treats. These are perfect in a fall gift basket! Recipes will be available. Materials fee includes Canning jars, veggies, brine and herbs or spices for pickling.

- **WHEN:** 1 Tuesday, on September 25, 7:00 to 9:00 pm (Room 24)
- **FEE:** \$10 / **MATERIAL FEE:** \$7

PLEASE make [separate check](#) for material fee payable to "Charlene Wildes."

All Natural Tick and Bug Repellent Make & Take

Kathy Brocca, Owner, Women's Boutique & Consignment

Everyone will be making a 4 oz bottle of all natural tick and bug repellent safe for everyone in the family including your pets.

- **FACEBOOK PAGE:** www.facebook.com/womensbtq
- **WHEN:** 1 Wednesday, on September 12, 6:30 to 7:30 pm (Room 24)
- **FEE:** \$5 / **MATERIAL FEE:** \$6

PLEASE make [separate check](#) for material fee payable to "Kathy Brocca."

Chalk Couture Give Thanks Wall Art

Susan Timchack, Chalk Couture Designer

You will be creating a completed piece of art to display in your home using products from Chalk Couture. In all things, Give Thanks marks the perfect accessory to your fall decor' or Thanksgiving dinner. All materials will be provided for the completed projects including a Give Thanks Transfer (which each student will receive and can be taken home to be used numerous times), 10 x 10 circle board, squeeze, chalk paste in variety of colors. Visit our website for more information at stampinsuecreates.chalkcouture.com

- **FACEBOOK PAGE:** www.facebook.com/StampinSueCreates Chalk Talk
- **WHEN:** 1 Thursday, on September 27, 6:00 to 9:00 pm (HS Art Room)
- **FEE:** \$15 / **MATERIAL FEE:** \$42

PLEASE make [separate check](#) for material fee payable to "Susan Timchack."

Making Christmas Wreaths with Natural Materials

Claudia Strycharz, Crafter

Students will make natural Christmas Wreaths using greens found in the area, pinecones, berries and whatever other natural items found. Students need to bring wreath ring (12"), natural items for their wreaths such as pine, spruce, evergreen, princess pine, berries, pinecones, feathers etc.; glue gun and glue, cutters, a xmas bow or ribbon and green wire. Instructor will bring some as well. (Itemized list for materials needed for class will be emailed prior to start date.)

- **WHEN:** 1 Wednesday, on November 14, 6:00 to 9:00 pm (HS Art Room)
- **FEE:** \$15

Edible Landscaping & Backyard Food Production

Richie Mitchell, Owner of Bear Creek Organics

Learn about ecological design, edible landscaping, and backyard food production. You will be introduced to the benefits of ecological and edible landscaping, including how to find the balance between your goals for your property and what the land has to offer. Learn how to analyze your property and plan for the development of an edible landscape; a strong emphasis of the design process replaces lawns and traditional landscaping with plants that produce food, medicine, and ecological benefits.

- **FACEBOOK PAGE:** Bear Creek Organics
- **WHEN:** 1 Wednesday, on September 19, 6:30 to 8:30 pm (Room 26)
OR 1 Thursday, on October 11, 6:30 to 8:30 pm (Room 26)
REGISTRATION MUST SPECIFY WHICH DATE YOU WISH TO ATTEND.
- **FEE:** \$10

Creative Card Making with Rubber Stamps

Susan Timchack, Independent Stampin' Up! Demonstrator

Need some inspiration for creating your own greeting cards? Come join me and learn some new tips, tricks and folds for card making. You will complete 2 - 3 projects at each session to take home. All supplies are provided. Please bring the \$20 material fee to the instructor at the first class. www.facebook.com/StampinSueCreates

- **WHEN:** 3 Thursdays, beginning October 4, 6:30 to 8:30 pm (Room 27)
- **FEE:** \$30 / **MATERIAL FEE:** \$20

PLEASE take **\$20 cash material fee to the instructor at the first class.**

Fine Art with Colored Pencil

Mary Beth Lesko, Artist/Instructor Using Colored Pencil Medium

Students will learn drawing skills; how to use colored pencils to create a realistic image on Stonehenge paper. We will discuss transferring an image to paper, color mixing and layering, and creating light and shadow to show mood of the art piece. We will also talk about matting and framing the art piece. Mary Beth Lesko has been using colored pencils for over 20 years. She has taught drawing and using colored pencils for over 15 years. Museums and collectors are recognizing colored pencil art as a fine art medium. Colored pencil art is becoming more valuable and in demand. The colored Pencil Society of America (WWW.CPSA.org) features artists all over the world who work exclusively in the CP medium. Students must bring the following supplies to class: Prismacolor Colored Pencils 24 count package or more, (No Verithins or student grade colored Pencils), Kneaded eraser, 2B Pencil, Battery Operated Pencil Sharpener.

- **WHEN:** 6 Thursdays, beginning September 13, 6:30 to 8:30 pm (HS Art Room)
- **FEE:** \$60 / **MATERIAL FEE:** \$5

PLEASE make [separate check](#) for material fee payable to "Mary Beth Lesko."

Basic Crochet: Crochet a Christmas Tree

Lorraine Paulewicz, Instructor

This class begins with instruction on how to create beautiful items and learn simple basic stitches. Students will learn how to create a festive Christmas Tree from crocheted granny squares. Students will need to bring 1 skein each of Red Heart green and white yarn; scissors; darning needle(hooks size "G"). Questions may be directed to funcraftystuff@gmail.com

- **FACEBOOK PAGE:** FunCraftyStuff
- **WHEN:** 6 Mondays, beginning September 10, 6:30 to 8:00 pm – No class October 8. (Room 26)
- **FEE:** \$45

Painting with Watercolors

Liz Revit, Professional Artist & Art Educator

Whether you're a beginner, or you already have experience working with watercolors, this class is designed to further your painting abilities through the use of demos and individualized attention. Liz Revit, a professional artist and art educator, will work with each student providing guidance and step-by-step instructions needed to create beautiful watercolor paintings. This class is for students of all levels who are interested in learning about color, composition, materials, and techniques. E-mail Liz at earevit@aol.com for materials list.

- **FACEBOOK PAGE:** www.facebook.com/LizRevitArtStudio
- **WHEN:** 5 Wednesdays, beginning October 3, 6:00 to 8:30 pm (HS Art Room)
- **FEE:** \$62.50

Connecting with Crystals

Teresa Vojtek, Reiki Master Practitioner

Crystals are powerful energy conductors and their colors, shapes, and inclusions influence how they magnify energy. Each crystal carries its own unique energy signature.

Learn how to connect with crystals and how to use them in your daily life. Class instruction will include how to choose a crystal, how to cleanse and care for crystals, how to "program" a crystal for your personal intention, and more. This class is geared to the beginner collector interested in crystals as a tool for energetic support and personal growth. Materials provided: personal crystal, crystal carrying bag, & handouts.

- **FACEBOOK PAGE:** www.facebook.com/teresa.hilenskivojtek
- **WHEN:** 2 Mondays, beginning September 17, 6:30 to 8:30 pm (High School Library)
- **FEE:** \$20 / **MATERIAL FEE:** \$6

PLEASE make [separate check](#) for material fee payable to "Teresa Vojtek."

Angel Awareness

Teresa Vojtek, Reiki Master Practitioner

Angels are among us at all times. Every person has guardian angels assigned to them for the duration of their lifetime. This class will deepen your understanding of our heavenly helpers. You will gain awareness of who they are, what they do, and how to connect to them. Materials provided: handouts

- **FACEBOOK PAGE:** www.facebook.com/teresa.hilenskivojtek
- **WHEN:** 2 Mondays, beginning October 15, 6:30 to 8:30 pm (High School Library)
- **FEE:** \$20 / **MATERIAL FEE:** \$4

PLEASE make [separate check](#) for material fee payable to "Teresa Vojtek."

Emotional Transformation for Today's Woman

Donna Nelson, Holistic Empowerment Coach & Lifestyle Strategist

This series is for the woman who is stressed out, burned out, sick and tired of feeling overwhelmed, exhausted, unappreciated and feeling stuck. The demands on women today are greater than any other time in our history – trying to be everything for everyone. You need support, tools and strategies to navigate and handle all the demands. Come reclaim your sanity and inner peace. Join us in this supportive space to release daily stress, overwhelm and worry. These sessions are engaging and your participation will leave you grounded and feeling calm, more confident, and empowered as you learn my 3-Step transformational process for emotional well-being. Week 1 is an introduction and practice. The following 3 weeks we will as a group address the most common issues and practice the 3 Step Emotional Transformation Process using Heart-Centered breathwork, essential oils and the energy healing modality EFT Tapping. Everyone benefits in the collective process.

- **FACEBOOK PAGE:** www.facebook.com/holisticempowermentcoach/
- **WHEN:** 4 Tuesdays, beginning September 18, 6:00 to 7:30 pm (MS Library)
- **FEE:** \$30 / **MATERIAL FEE:** \$6

PLEASE make [separate check](#) for material fee payable to "Donna Nelson."

Tai Chi: Flowing Movement

Diane Hoover, Certified Tai Chi Instructor

Learn to relax, balance and heal through the flowing motion of Tai Chi. Wear comfortable clothing. No heels!

- **WHEN:** 4 Tuesdays, beginning October 2, 4:00 to 5:30 pm (Middle School Cafeteria)
- **FEE:** \$30

Energy Medicine for Optimal Well-Being

Donna Nelson, Holistic Empowerment Coach & Lifestyle Strategist

We are energetic beings and traditional medicine knows this but doesn't integrate energy medicine as part of treatment and healing process. The typical biochemical approach of medication and nutrition is limited for our most common chronic issues such as anxiety, depression, pain and fatigue. This class will teach you about Energy Medicine and why it is considered the medicine of the future. Learn about your Energy Body and how Energy Medicine Modalities are essential for healing and well-being. Learn about evidence-based energy medicine practices and modalities to optimize your overall well-being.

- ◆ **FACEBOOK PAGE:** www.facebook.com/holisticempowermentcoach/
- ◆ **WHEN:** 3 Thursdays, beginning October 18, 6:00 to 7:15 pm (MS Library)
- ◆ **FEE:** \$18.75

Mindfulness for Weight Loss

Julia Grocki, Former Emotional Eater/Dietitian/Author

In this 4-week workshop, Registered Dietitian and reformed emotional eater Julia Grocki describes her weight loss journey and shares the changes in thought process she used to help her build a healthy relationship with food, and ultimately with herself. Mindful eating helped her lose over 100 pounds and keep it off for over a decade. The topics covered will include common dieting traps, metabolism, principles of mindful eating, stress management, healthy coping, mindful movement, and navigating the holidays! This non-dieting approach can be intimidating at first. It's completely different than what you've tried before...that's why it works! Students should bring bottled water. Materials include a copy of "What You're Looking for is Not in the Fridge!," handouts, snacks to practice eating mindfully.

- ◆ **WHEN:** 4 Thursdays, beginning September 20, 6:00 to 8:00 pm (Room 4)
- ◆ **FEE:** \$40 / **MATERIAL FEE:** \$25

PLEASE make [separate check](#) for material fee payable to "Julia Grocki."

PiYo Live

Danielle Petros, Certified Instructor

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact, music-driven workout that leaves your body looking long, lean, and incredibly defined. No weights. No jumps. Just hardcore results. Participants will need a yoga mat, towel, water.

- ◆ **FACEBOOK PAGE:** www.facebook.com/danipant5/
- ◆ **WHEN:** 8 Tuesdays, beginning September 18, 7:15 to 8:15 pm
No class Oct. 8 or Nov. 12. (Middle School Cafeteria)
- ◆ **FEE:** \$40

Exercise for Those Who Hate It or Think They Can't

Julia Grocki, Former Emotional Eater/Dietitian/Author

In this 6-week workshop, Certified Fitness Trainer Julia Grocki reviews the basic principles of how to move safely and effectively. Often people start off too intensely, get sore or injured, which prevents them from getting back to it. People are intimidated to start an exercise program for the same reasons: they don't know where to start, they have different health issues, they feel they are too _____ (fat, old, out of shape, busy). Julia will help you work around your negative thinking and physical barriers to your movement. Come work on being a healthier you in a space of non-judgement! Students should bring bottled water.

- ◆ **WHEN:** 6 Thursdays, beginning October 18, 6:30 to 8:00 pm (Middle School Cafeteria)
- ◆ **FEE:** \$45 / **MATERIAL FEE:** \$30

PLEASE make [separate check](#) for material fee payable to "Julia Grocki."

Nutrition and Weight Loss the Healthy Way

Dr. Dan Golaszewski, D.C., Family wellness chiropractor & natural health coach

Dr. Dan will discuss the key essentials to help empower one to make clean eating a lifestyle as well as the top fat-burning foods to begin consuming more of. Key dietary myths and facts will be revealed during this life-changing workshop. Website: Power Chiropractic Health Center LLC

- ◆ **WHEN:** 1 Tuesday, September 25, 6:30 to 7:30 pm (Room 26)
- ◆ **FEE:** FREE, but you must register to attend.

E-Motion. Energy, Growth, & Personal Transformation

Terry Tokach, Owner Mountain Yoga; ERYT-200 & Cert Sound Therapist

We are not our bodies. We are not our minds. At our very core, we are energy; energy of light & love. However, when the energy of stress & negative emotion accumulates, the result is suffering: illness, tension, pain, disease, etc. Now imagine... Imagine a world where abundance, inner peace, longevity and loving relationships abound. Imagine "E-motion" Experts from around the world sharing their wisdom and negative emotion clearing techniques to light a new pathway for healing & wellness. This informative session will introduce you to the science and future of healing through energy balancing. We will view the film "E-Motion" followed by brief discussion, Q&A, personal stories, and how you can explore energy balancing for your own personal growth & transformation. Imagine opening the door to a sense of well-being that no one can take away...

- ◆ **FACEBOOK PAGE:** Mountain Yoga
- ◆ **WHEN:** 1 Thursday, on October 4, 7:00 to 9:00 pm (Room 4)
- ◆ **FEE:** \$10

Intro to Italic Calligraphy

Debra Dick, Calligrapher & Lettering Artist

Italic calligraphy is one of the most recognizable and beautiful styles of broad-pen writing. Although developed by early Renaissance scribes as a faster way to write, the Italic hand is still widely used today as a means of visual communication in everything from greeting cards to cooking magazines. In this three-part class you'll learn how to make Italic's eye-catching thick and thin lines, build strong basics for beautiful writing, and create a one-of-a-kind piece of calligraphic art. Calligrapher and lettering artist, Debra Dick, will lead you—step by step—through shaping the strokes of the alphabet and turning them into beautiful Italic letterforms. You'll complete several skill-building pen exercises that will provide an understanding of how the calligraphy pen works as well as strengthen your ability to create beautiful letters long after the course is over. This class is geared toward beginning and intermediate students

PLEASE BRING THE FOLLOWING ITEMS TO CLASS: White legal pad (8 ½" x 14"; translucent marker layout paper (NOT tracing paper) 9" x 12"; Pencil; white plastic eraser; ruler (preferably cork-backed metal: min. 12"/max 18")

- ◆ **WHEN:** 3 Tuesdays, October 16, 6:00 to 8:30 pm (High School Art Room)
- ◆ **FEE:** \$37.50 / **MATERIAL FEE:** \$5

PLEASE make [separate check](#) for material fee payable to "Debra Dick."

Genealogy: Ancestor Chasing and Family History Research

Joseph Grandinetti, CPA and Genealogy Enthusiast

This practical course will cover a wide variety of techniques and resources for those interested in researching their family history. Beginners and novices (all) are welcome. We will begin with how to gather information that is typically close at hand, such as interviewing older relatives. From there, we will expand into using resources such as U.S. censuses, civil and church vital records (birth, marriage, and death), immigration/citizenship documents, military records, newspaper archives, DNA, and more. We will also discuss international searches and genealogical travel. On-line research methods will be demonstrated on websites including Ancestry.com, Familysearch.com, and Findmypast.com. There's no time like the present to find out more about your past!

- ◆ **WHEN:** 4 Tuesdays, beginning October 23, 6:00 to 8:00 pm (Room 4)
- ◆ **FEE:** \$40

Basketball | Mondays or Thursdays

Rich Bases & Larry Barnes, Coaches

This is pick-up, full court recreational basketball with no officiating. Teams will be chosen each night. Bring both a dark and a white shirt or jersey. For processing, your registration form must include contact info and specify the day you wish to attend.

- ◆ **WHEN:** 26 Mondays, beginning August 27, 8:00 to 10:00 pm (Middle School & HS GYM)
OR 26 Thursdays, beginning August 30, 8:00 to 10:00 pm (Middle School & HS GYM)
REGISTRATION MUST SPECIFY WHICH DATE YOU WISH TO ATTEND.
- ◆ **FEE:** \$55



Crestwood School District

Crestwood Board of Education | Mountain Top, PA

CACE Board

Robin Golden, Coordinator
 Marcia Thomas, Registrar
 Claudia Strycharz, Volunteer
 Teresa Vojtek, Volunteer
 Erica Connell, Volunteer

Registration Information

CACE welcomes anyone 18 years or older to attend any course in our adult division. Unless otherwise indicated, courses are held at Crestwood High School, located on Route 309 in Mountain Top, PA.

PLEASE NOTE: Each class selection requires a separate check – please print class title on check memo. If a materials fee is required for a course, **make a separate check to the instructor.**

MAIL REGISTRATION: Checks for course fees must be made payable to “Crestwood School District” and must be mailed To **CACE, PO Box 353, Mountain Top, PA 18707.**

Please submit one check for each course. If the course requires a **materials fee** in addition to the course fee, that is a separate payment and those checks should be made **payable to the course instructor**. No post-dated checks will be accepted.

EMAIL: caceregistrar@gmail.com or coordinatorcace@gmail.com and we will send a registration form to you as an email attachment, to download, print, and mail.

CRESTWOOD SD WEBSITE: Access form for download at csdcomets.org. Click on “links and info” and then, “CACE”. Form must be printed and mailed.

HARD COPIES: Printed brochures are available at the Kirby Library and the Post Office lobby in Mountain Top; and the Post Office lobbies and public libraries in White Haven, Freeland, and Conyngham.

FEES: There is a \$35 charge for returned checks.

REFUNDS: Refund requests must be **received no later than 5 days prior to the first class**; a credit will be issued for requests occurring after that time. No refunds or credits will be given on any one-night course or after the start date of any class. An administrative fee of \$10 will be deducted from each refund or credit. If CACE cancels a class the full tuition will be refunded.

SCHOOL CLOSINGS: If Crestwood Schools are closed for any reason or dismissed early due to inclement weather, CACE classes will not be held. Make-up CACE classes will be held the week immediately following the last scheduled class of each course. If in doubt, call Robin at 570-578-0170.

NOTE: CACE reserves the right to change instructors or cancel courses. **Your contact info is required to register!! Valid phone numbers are mandatory for an acceptable registration form.** Your cancelled check is your receipt. No receipts will be mailed. Registration forms must be received no later than one week prior to the first class. Contact Marcia at 570-868-3797 or caceregistrar@gmail.com if you have questions regarding class availability.

Please check out CACE on Facebook.

CACE Fall 2018 Registration Form

THIS INFORMATION IS REQUIRED TO REGISTER!

Name: _____ Phone: _____

E-mail: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

PLEASE Include separate checks payable to “Crestwood School District” for each course; and make a separate Material’s Fee check, payable to the instructor, if the course requires it.

MAIL REGISTRATION FORM AND CHECK(S) TO: CACE, PO BOX 353, MOUNTAIN TOP, PA 18707